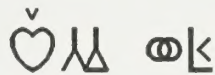


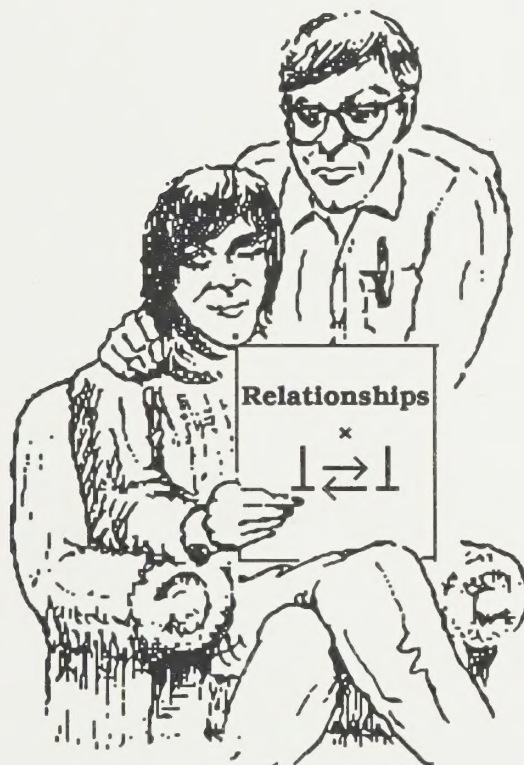
7

Being Sexual: An Illustrated Series On Sexuality and Relationships

HETEROSEXUAL INTERCOURSE



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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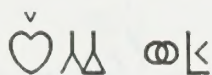
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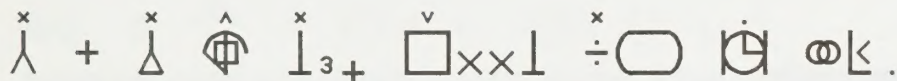
HETEROSEXUAL INTERCOURSE

1

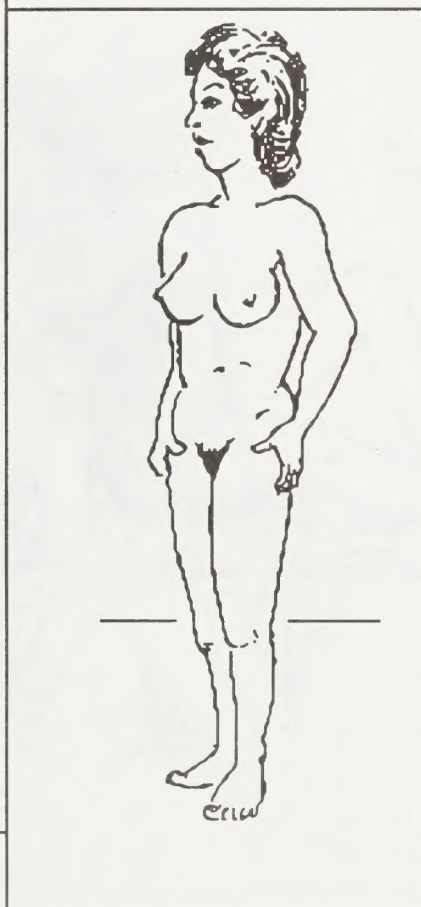
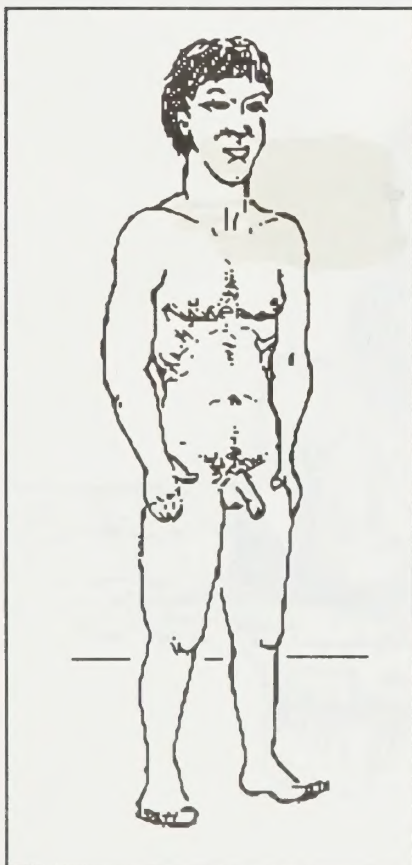
Heterosexual Intercourse



The books about the **woman's body** and the **man's body** described the **female** and **male private body parts**. This book is about **sexual intercourse** between a **man** and a **woman**. **Sexual intercourse** includes both the **man's** and the **woman's private body parts**.



Men and women use their private body parts during sexual intercourse.



Libido, Sex Drive, Sexual Desire



(fire + gender)

Most **people** who are **sexually mature** **feel** a strong interest in having **sexual pleasure**. This is called **libido** or the **sex drive**.



Sexually mature people feel sexual desire.



Intimacy

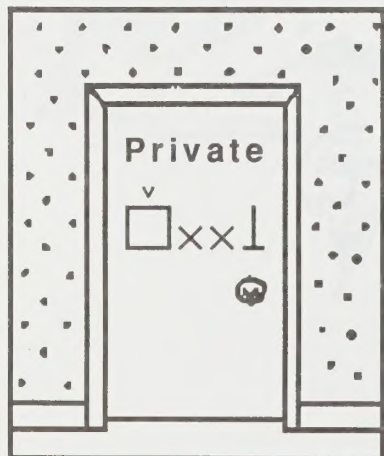


(feeling + close)

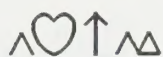
When a **man** and a **woman** are attracted to one another, they may develop an **intimate** relationship. They may spend time together and get to know each other better. They may become physically **intimate** by **kissing**, **hugging** and touching each other. These activities are sometimes called **sexual play**. Part of getting to know someone **intimately** includes sharing ways of giving and receiving pleasure. As the relationship develops they may decide to have **sexual intercourse**.

$\overset{\vee}{\wedge} \quad \heartsuit \parallel \quad \square^? \quad \infty, \quad \hat{\angle} \cdot) , \quad \hat{\downarrow} + \quad \overset{\vee}{\ominus} 1_1. \quad \emptyset \mathbb{K}.$

Sexual intimacy may include kissing, hugging, touching and finally sexual intercourse.

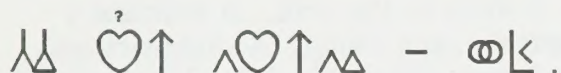


Sexual Play

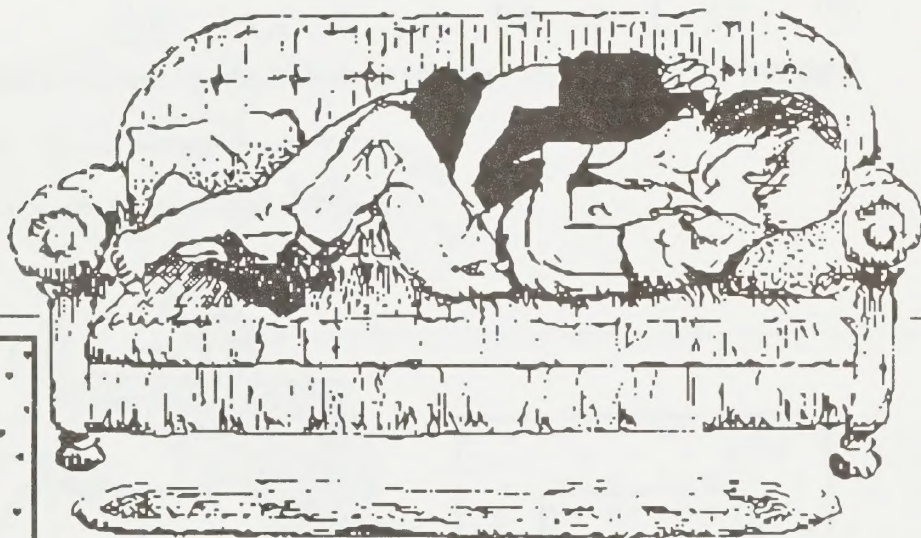
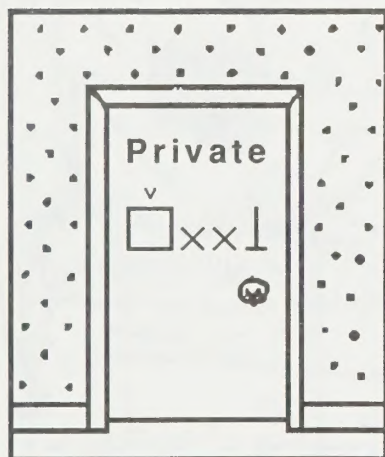


(to play + sexual)

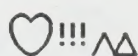
Sometimes a **couple** may enjoy **sexual play** without having **sexual intercourse**. It is **important** for a **couple** to discuss what each **person** wants.



(A) couple may enjoy sexual play without sexual intercourse.



Sexual Excitement, Sexual Arousal

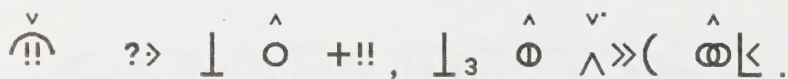


(excitement + sexual)

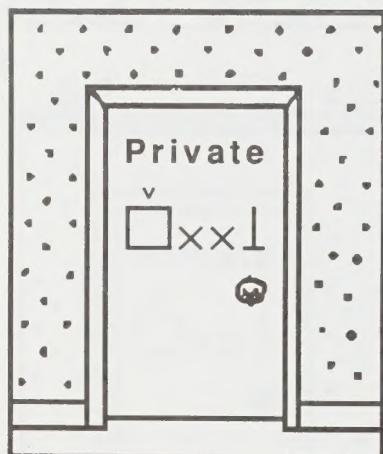
When a **couple** engages in **sexual play** there are ways to tell that a partner is becoming **sexually aroused**. The **person** may sweat slightly and begin to moan. Their face may become red and they may breathe faster. A **man's penis** becomes erect and may have a drop of fluid at the end. A **woman's vulva** becomes puffy or swollen and her **genitals** very moist. An **important** way of knowing if a **person** is ready to have **intercourse** is when they say they are ready.



When sexually aroused, (a) person's body changes.



Important - if (a) person says yes, he or she is ready to have sexual intercourse.



Sexual Intercourse



(to combine + genitals)

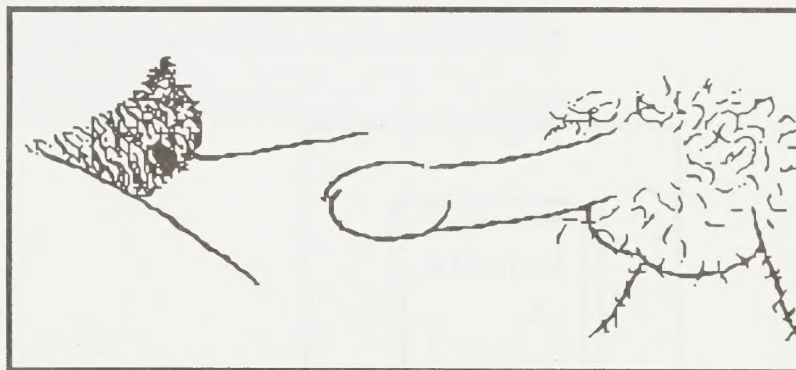
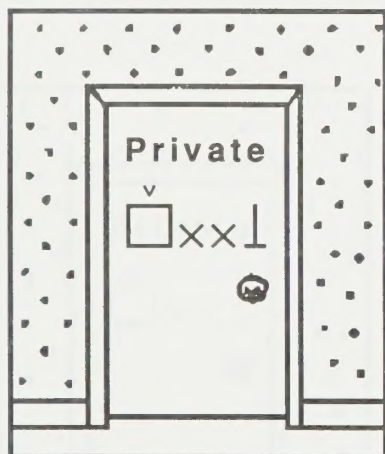
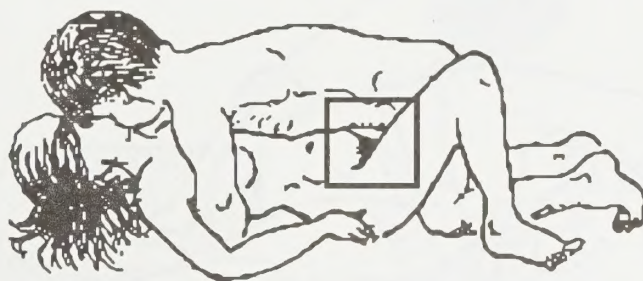
When both are ready for **sexual intercourse**, the **man** will want to put his **penis** inside the **woman's vagina**, and the **woman** will want this also.



When both people are ready,



(the) man will want to put his penis inside (the) woman's vagina. (The) woman will say yes.



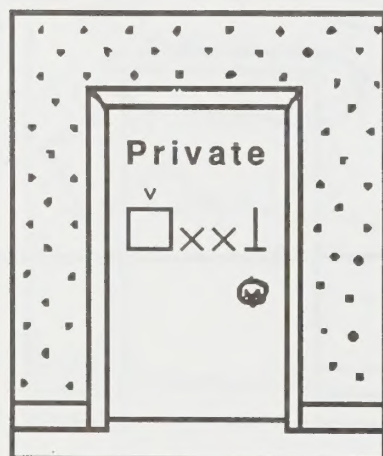
Man Over (the) Woman



In order to do this they may want the **man** to be on top of the **woman**. If he is in this position, he will have to be careful not to put too much of his weight on the **woman's body**.



During sexual intercourse they may want (the) man over (the) woman.



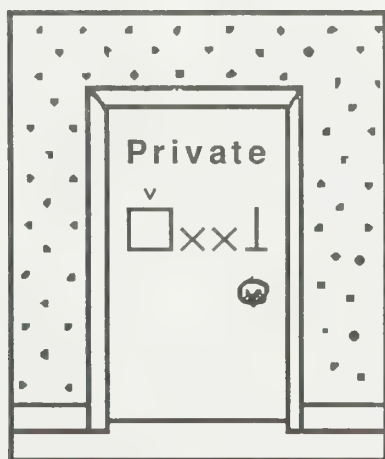
Woman Over (the) Man



They may want the **woman** to be on top of the **man**.



Or they may want (the) woman over (the) man.



(To) Lie Down

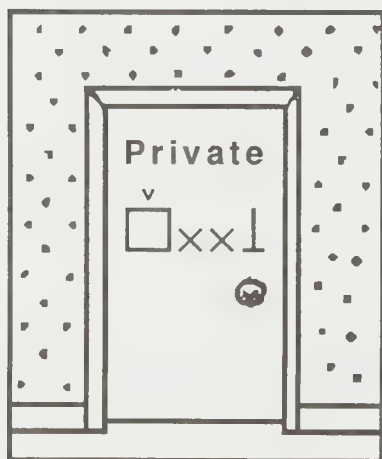
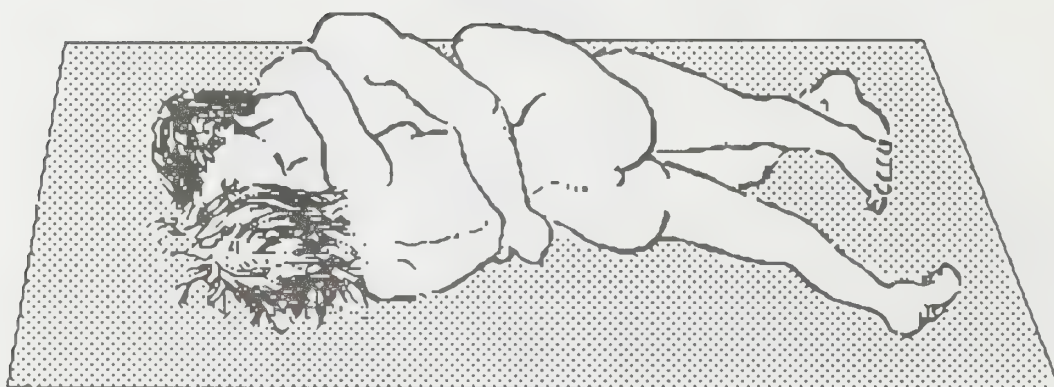


(person lying down + action indicator)

They may want to **lie** side by side **facing each other**.



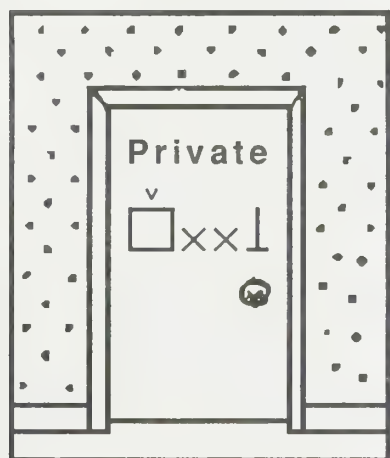
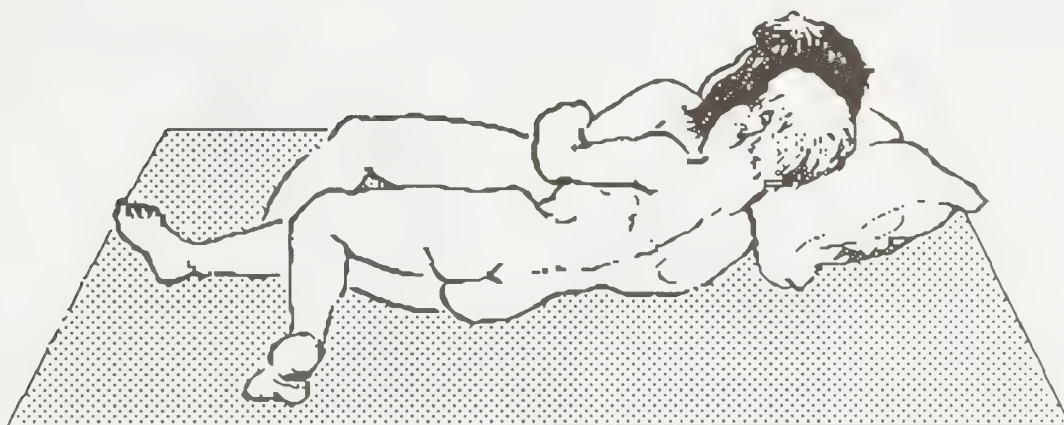
They may want to lie down facing each other.



They may want to **lie** side by side with the **man** behind the **woman** so the **man's penis** can fit in the **woman's vagina** from behind her.

⌊₃ ♡[?] 人 ⌊[^] |· △.

They may want (the) man to lie behind (the) woman.



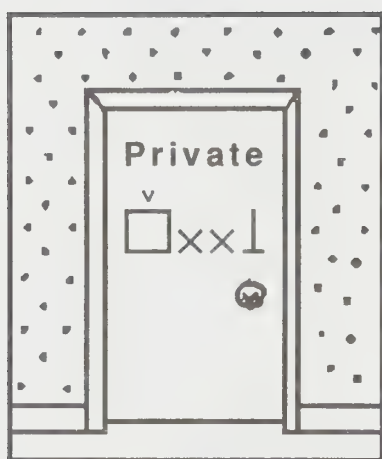
(To) Sit



(sitting person + action indicator)

They may want to be **sitting** up.

They may want to sit.



(To) Stand

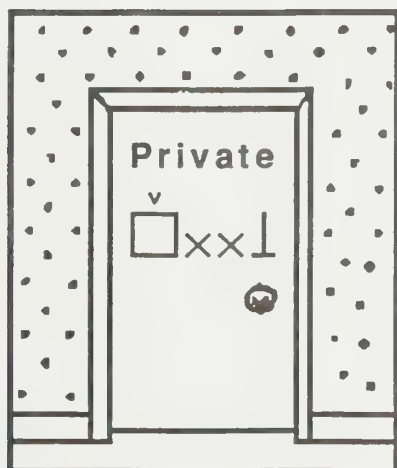


(standing person + action indicator)

They may want to **stand**.



They may want to stand.



(To) Lie Down

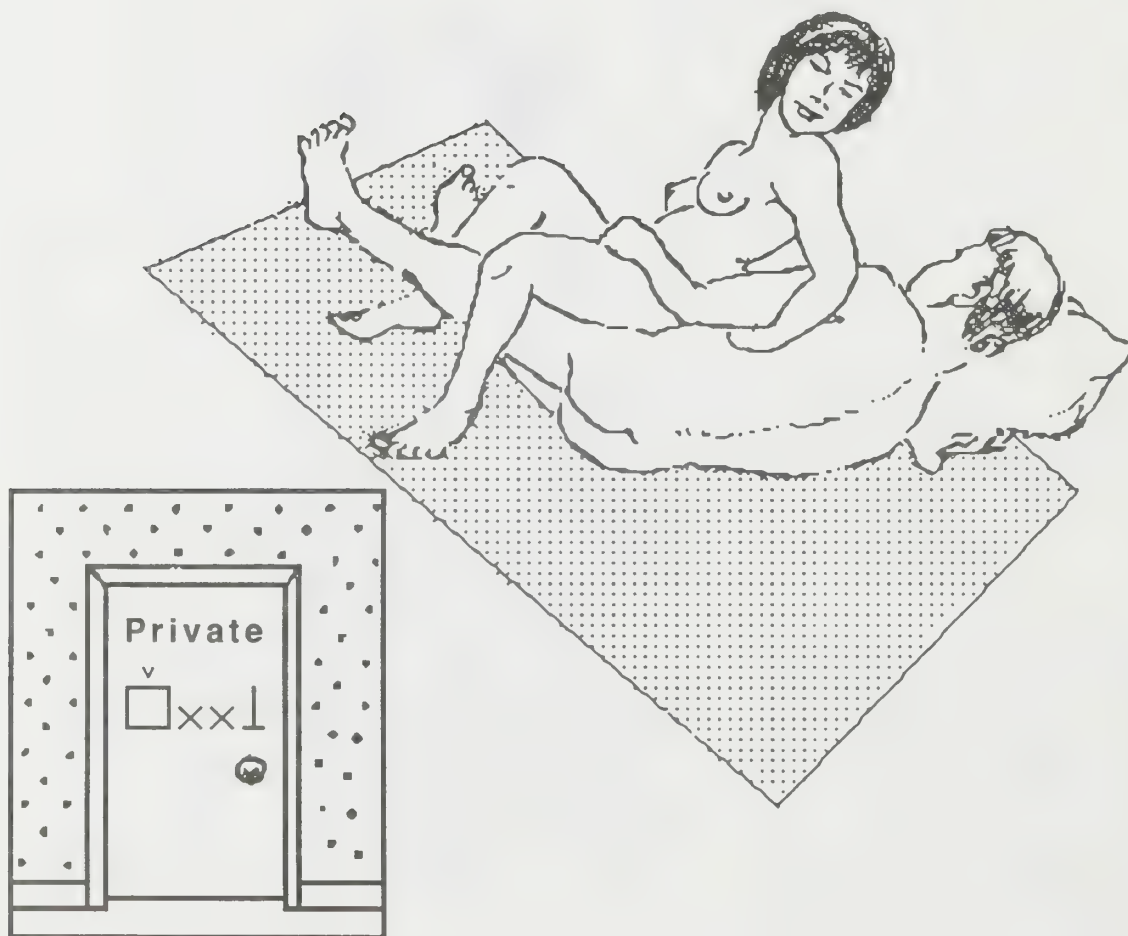


(person lying down + action indicator)

They may want to **lie** at angles to each other.



(One) person may lie across (the) other.



Comfortable



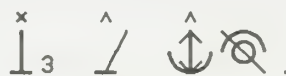
(to rest + description indicator)

(To) Communicate

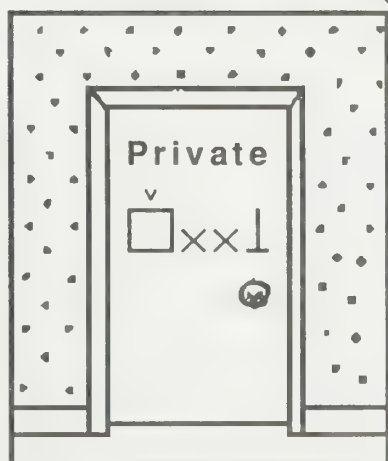


(to exchange + meaning + action indicator)

There are many books which show different positions for **sexual intercourse**. It is **important** that both partners find each position **comfortable**. They need to **communicate** with each other about this.



Couples need to feel comfortable during sexual intercourse. They need to communicate.



Sexual Excitement, Sexual Arousal



(excitement + sexual)

Sexual Pleasure

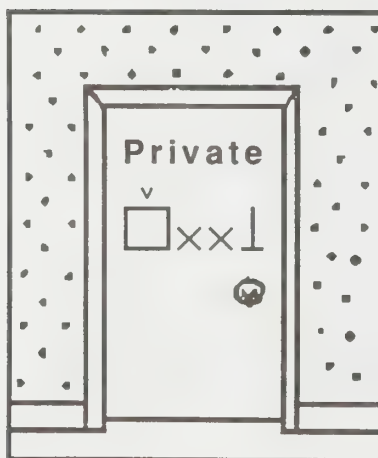
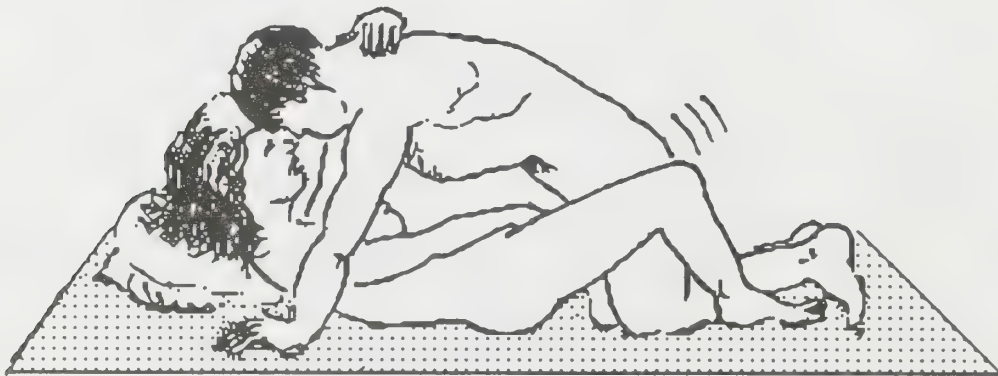


(pleasure + sexual)

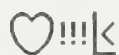
When the **man** puts his **penis** in the **woman's vagina**, he will **feel** very **sexually excited**. He may move his body so that his **penis** moves in and out of her **vagina** a little way. This may make the **woman feel sexual pleasure**. If it doesn't, she may want to touch her **clitoris** while her partner moves to **feel** more **pleasure**.



During sexual intercourse both (the) man and (the) woman need to give and to receive sexual pleasure.



Orgasm

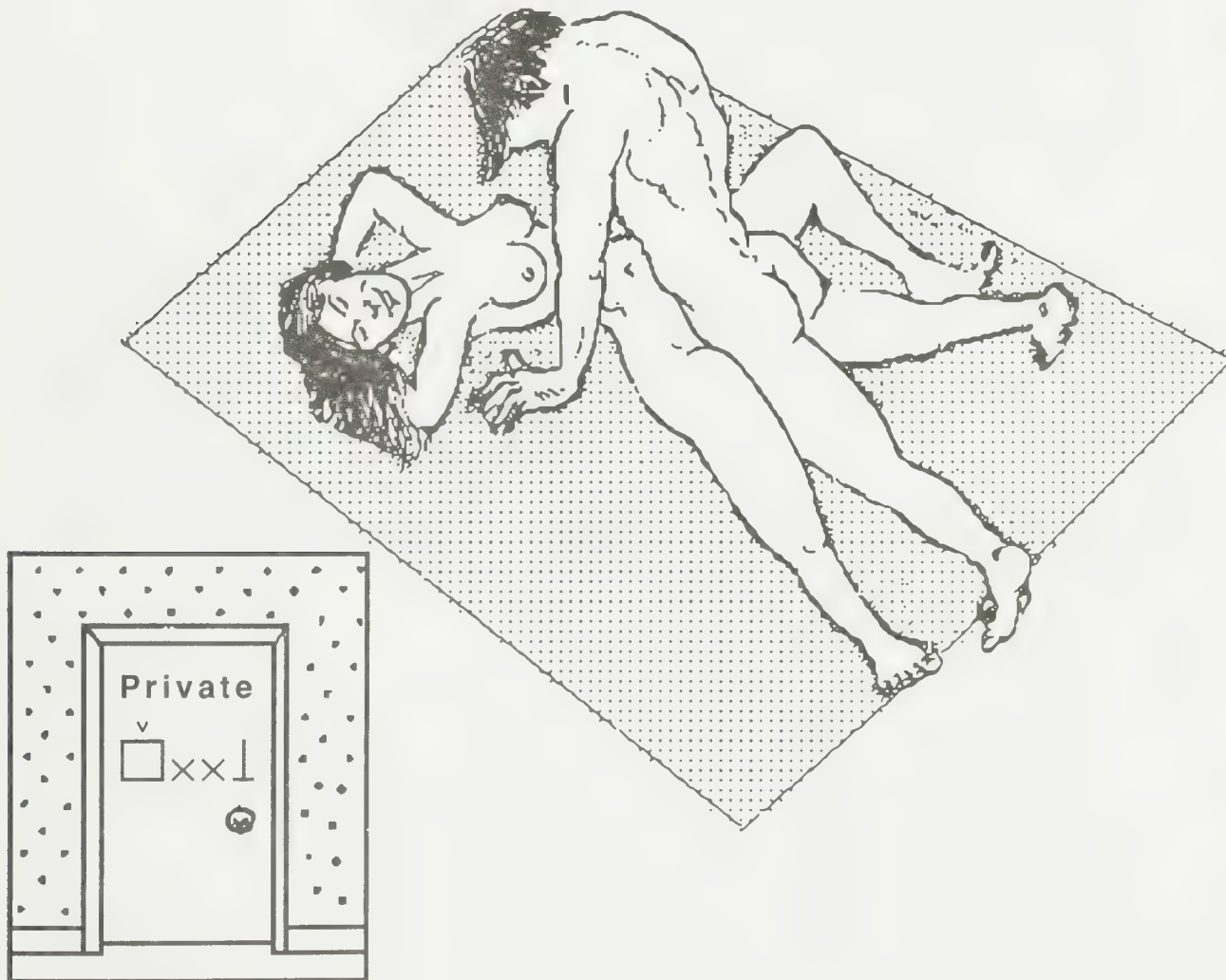


(excitement + genital)

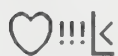
The **couple** may become more **sexually excited** while moving together until one or both experience an **orgasm** or climax of **sexual feelings**. They may reach **orgasm** together or each at a different time. The **man** may **ejaculate** during **orgasm**. The **woman** may **feel** an intense contracting or throbbing around her **vagina**.



Sexual excitement increases until one person or both people have (an) orgasm.



Orgasm

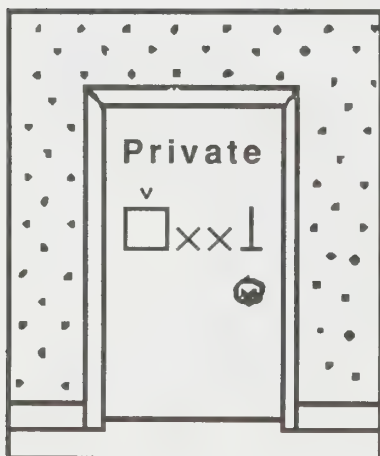
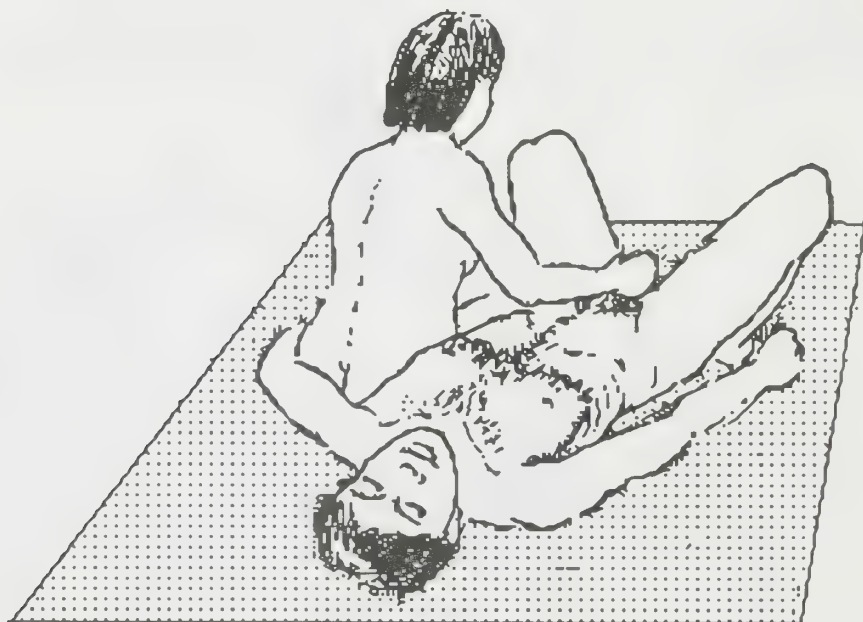


(excitement + genital)

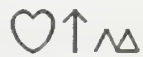
If one partner reaches an **orgasm** first, he or she may be able to help the other reach **orgasm** by continuing **sexual stroking**.



After reaching orgasm one person may be able to help (the) other reach orgasm..



Sexual Pleasure

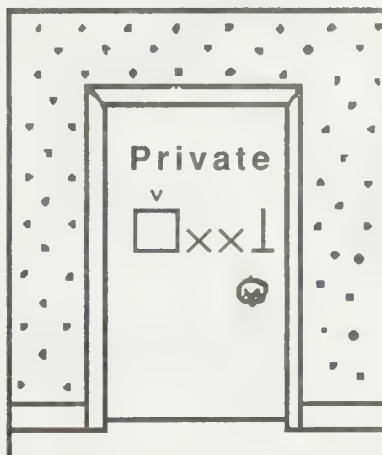


(pleasure + sexual)

Sometimes during **orgasm** a **person** may moan, groan or cry. It is **important** to talk together about these **noises**. They are one way of showing **sexual pleasure**.



Important - (a) couple needs to understand (the) noises during orgasm.



(To) Hug



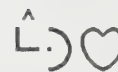
(arm + around + action indicator)

(To) Stroke



(hand + back and forth + action indicator)

(To) Cuddle



(to hug + feeling + action indicator)

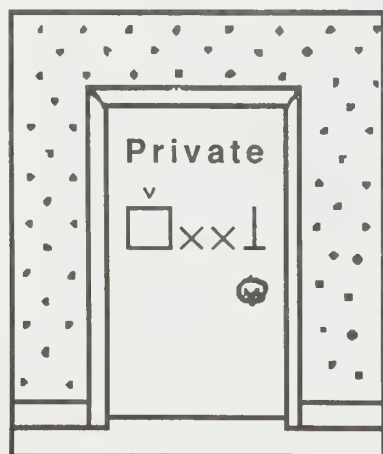
After **orgasm** a **couple** may want to continue **sexual play**. A **man** may not want to have his **penis** touched, because it is now very **sensitive**, but he may enjoy **hugging** and being **stroked**. A **woman** may not want to have her **breasts** or **vulva** touched, because they are now very **sensitive**, but she may also enjoy **hugging** and being **stroked**. Often, after having **sexual intercourse**, the **couple** will want to continue to **cuddle** and to be close until falling asleep.

|· ♡!!! ♪ ♪+ < ♪+ ♪ ♡ ♡!!.

After orgasm (the) man's or woman's genitals may feel sensitive.

♪ ♡? ♪ → ♪·, ♪↔ + ♪·♡.

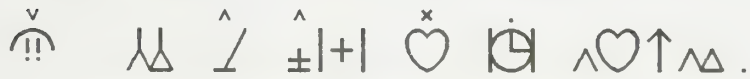
(A) couple may want to continue hugging, stroking and cuddling.



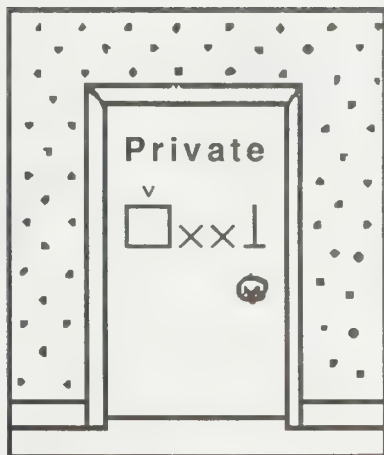
(To) Share Feelings



Sometimes one partner may not **feel** a need to have an **orgasm**. It may be satisfying to **cuddle** the other until he or she has an **orgasm**. It is **important** to **share feelings** during **sexual play**.



Important - (a) couple needs to share feelings during sexual play.



Intimacy



(feeling + close)

Mood

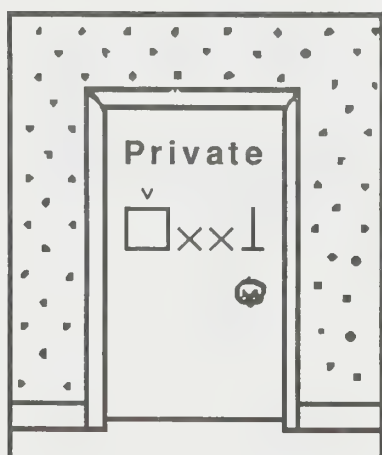


(mind + to be + feeling)

Sexual intercourse and other forms of **sexual** activity that a **loving couple** **shares** are a wonderful part of **intimacy**. **Sexual feelings** and **moods** are very **private** and can make two **people feel** very close to one another. It is **important** that they continue to **share feelings** about this part of their lives to maintain a lasting relationship.



Important - to continue feeling close (a) couple needs to communicate about sexual moods.



Questions



(question mark + open)






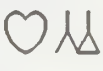







If you have any **questions** about **sexual intercourse**, find someone to answer them. The **person** who gave you this book might be able to help or put you in touch with someone who can.



Important - choose someone to answer your questions about sexual intercourse.



Glossary of Key Words and Blissymbols

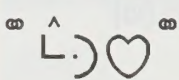
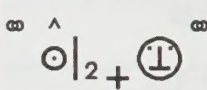
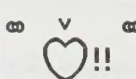
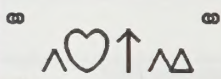

adult	see mature		
comfortable		(to rest + description indicator)	
communicate (to)		(to exchange + meaning + action indicator)	
couple		(man + woman)	
feel (to)		(feeling + action indicator)	
feeling		(the symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart)	
heterosexuality		(sexuality [contraction] + man + woman: intimate sexual relationship between a man and a woman)	
heterosexual		(heterosexual + description indicator)	
hug (to)		(arm + around + action indicator)	
intercourse	see sexual intercourse		
intimacy		(feeling + close)	
kiss		(mouth + mouth: two mouths touching)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
libido	see sex drive		
lie down (to)		(person lying down + action indicator)	
love		(feeling + arrow: feeling as if an arrow is piercing one's heart)	

man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	人
mature	adult	(combination of flower <i>and</i> big + description indicator)	♀
mood		(mind + to be + feeling: state of one's mind and emotions)	☹️❤️
noise (made during orgasm)	shout	(to say + two intensity symbols to say forcefully)	○!!
orgasm		(excitement + genital)	❤️!!!ㄣ
over		(dot + horizontal reference line: the dot is over or above the line)	⋅
penis		(standing person + pictograph of penis + pointer)	ㄣ<
people		(person + plural indicator)	× ⊥
person		(the symbol suggests a human being standing, with feet turned out)	⊥
private		(to close + public + description indicator)	☐××⊥
question		(question mark + open: the question is open-ended)	[?]
sex drive	libido, sexual desire	(fire + sex: sexual desire)	ㄣ△
sexual		(gender + description indicator)	♀ △
sexual arousal	see sexual excitement		
sexual desire	see sex drive		
sexual intercourse	intercourse	(to combine + genitals)	⊗ㄣ

sexual excitement	sexual arousal	(excitement + sexual)	♡!!!^△
sexual pleasure		(pleasure + sexual)	♡↑^△
share (to)		(to have + together + action indicator)	^ ± +
shout	see noise (made during orgasm)		
sit (to)		(sitting person + action indicator)	^ └┐
stand (to)		(standing person + action indicator)	^ └┐
stroke (to)		(hand + back and forth + action indicator)	^ ↓↔
vagina		(uterus + pointer, to passage)	⊖ ^
woman		(a combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	△

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

cuddle (to)		(to hug + feeling + action indicator)	
facing each other		(to see + other + belongs to + face + action indicator)	
sensitive		(feeling + two intensity symbols + description indicator)	
sexual play		(play + sexual)	
sexually mature		(mature+ sexual + description indicator)	

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

4 Adolescence. Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

7 Heterosexual Intercourse. Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

8 Human Reproduction. Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

9 Birth Control. Describes birth control options and suggests additional sources of information on contraception. (33 pages)

10 Homosexuality. Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

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